**“ You don't have to be great to start, but you have to start to be great.” — Zig Ziglar.**

A morning routine is incredibly powerful because it sets the tone for the rest of your day. You are more likely to have a good day if you take a positive action first thing in the morning (Provided this is not involving being on a screen such as your TV, phone, tablet or laptop). Begin your day stressed, unfocused and unproductive, and you’re more likely to have a stressed, unfocused, and unproductive day. **Start it strong, however, and you’ll likely have a productive, focused, and energetic day. A Superpowered day!**

**For Example:**

* Refresh in a cold shower
* Drink a glass of water
* Set your intentions for the day
* Move – 5 mins cardio, 5 mins stretching, 5 mins tidying, 5 mins dancing whilst the kettle brews
* Write down 5 things you are grateful for
* Stand in front of a mirror and smile. Tell yourself ‘I am so looking forward to today’
* Give your significant other and/or children a heartfelt hug and tell them you love them
* Meditate
* Reflect in your Journal
* Learn something - Read a Book, listen to a Podcast
* Tackle your hardest task of the day and feel accomplished
* **Or do all of the above!**

**Nearly all peak performers have a morning routine.**

The world’s highest performers understand this, which is why they invest time in themselves in the morning. They prime their body and mind at the start of the day to perform at their ‘Highest Potential Self’ during the rest of the day.

### **Tony Robbins**

A cold shower is great for increasing your energy levels for the day. Life coach Tony Robbins plunges into a 57-degree Fahrenheit pool for a “radical change in temperature.” If (like most people) you’re not lucky enough to have a plunge pool, a cold shower will give you much the same result. See <https://www.wimhofmethod.com/> For more on this (If you’re brave enough).

### **Muhammad Ali**

Boxer Muhammad Ali would start his day by reading empowering affirmations. He believed repeatedly reading the same affirmations would change his beliefs, subsequently changing his behavior and thoughts. You can do the same to prepare for success.

### **Jennifer Aniston**

Jennifer’s morning routine consists of drinking hot water with lemon, washing her face with soap and water and meditating for 20 minutes. Breakfast is a protein shake with collagen peptide and then she’s off to her personal trainer. 30 minutes of spin, 40 minutes of yoga and then she goes to the gym.

**Arianna Huffington**

Arianna has said“A big part of my morning ritual is about what I don’t do: when I wake up, I don’t start the day by looking at my smartphone. Instead, once I’m awake, I take a minute to breathe deeply, be grateful, and set my intention for the day.”

**Exercise**

Identify YOUR Superpower morning routine, taking inspiration from this list and these successful people, identify some early morning actions you can take to get boost your superpowers and set you up for success. Then try it! Reflect on how this new routine makes you feel and how it changes what you achieve each day. Write up your reflections in your journal. Then after time, reflection and insight, refine your routine until you find the one that helps you achieve your Highest Potential Self.

**Write down here what you commit to try:**

A picture containing calendar

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